



The ROCKET



Winter 2010 Happy Holidays

Chairperson Message

HAPPY HOLIDAYS ROCKS! HAPPY NEW YEAR!

I don't know about you but it is difficult for me to believe that 2010 has whizzed by so fast. As I reflect on this ROCKS, Inc. year, I can't help but to be in awe of our individual and collective journeys. As individual Rocks members, many of you have experienced significant changes in your lives including deployments, promotions, reassignments, transitioning from the military, unrelenting work obligations, and family highs and lows during the year. As Chapters and Interest Groups (IG), you have pressed forward in your own unique way despite both individual and Chapter/IG challenges. From the National Board perspective, our journey included significant organizational and transformational efforts, and loads of key activities.

What have we learned from our 2010 experiences? Despite the circumstances - ROCKS are resilient and will always find ways to translate our motto of "Concern, Dedication, and Professionalism" into action. Some of the ways that we did this include major events such as our Bi-annual National Conference held in April with the largest attendance to date; honoring the Chairman of the Joint Chiefs of Staff as a new Honorary Rock of the Year; celebrating the advancement of LTG Austin to the rank of General - only the 6th African Army officer to do so in the history of the Army; and launching the Rocks Facebook page that now boasts hundreds of members.

Other National Board efforts that may not be as apparent but are important to achieving our goals include: updating The Rocks Inc. Bylaws; ongoing communication and outreaching to senior Army leaders for support and to advance our mutual goals; increasing responsiveness to our membership by transforming Rocks members survey input into detailed goals; increasing junior officer participation in Rocks Board processes; enhancing membership outreach resulting in greater interest in establishing or revitalizing Chapters/IGs; increasing ROTC scholarship applicants; providing tailored support to Chapters/IGs; encouraging more participation by Service Academy/ROTC cadets and cadre; and adding three high speed Majors with energy and fresh ideas to the Rocket team resulting in significantly broadened Rocket issues.

The National Board would like to extend our heartfelt thanks to each of you because we know that NONE of our accomplishments would have been possible without your commitment, support, and action! What you have achieved this year reaffirms my belief in these wise words by Vincent Van Gogh, "*Great things are done by a series of small things brought together.*"

Now what? We must continue to "MOVE FORWARD!" The vision that these words conjure up should serve as the engine that drives us. Moving forward is an ongoing journey. Although our achievements have been many and we can acknowledge this in many areas - there is still much to be done. There is more mentoring to do, more professional development to do, more outreaching to our military leadership, more youth that need our time and talent in order to even have a chance at success, more communities to uplift, and more sharing of ideas within the Rocks. Each time that we reach a benchmark of achievement, there is a higher goal beyond. So while we celebrate each accomplishment made in our path toward progress, we remain constant in our commitment to achieve even greater things that will strengthen our officer corps and communities.

What lies ahead for us in 2011 reminds me of the so-true Army Transportation Corps slogan "Nothing happens until something moves!" I know that these words will be supported by our deeds in 2011. In the meantime, enjoy this Rocket issue. From the unique recognition of Major General's Bagby and Jones, to the Baghdad, Iraq IG update, to my wonderful visit to the Army War College and COL Gordon's recent appointment as a full professor there, to the Norfolk State University cadet's DC visit, and so much more - this edition is a fitting confirmation of what can happen when Rocks are on the move! Special thanks to those who responded to our call to do something special to honor our Veterans this year. If you are not a member, please consider joining us in a continuing legacy of over 35 years of service to "Make the Difference that Counts!"

Clara L. Adams-Ender

BG Clara Adams-Ender USA (Ret)

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The National Board of the ROCKS, Incorporated

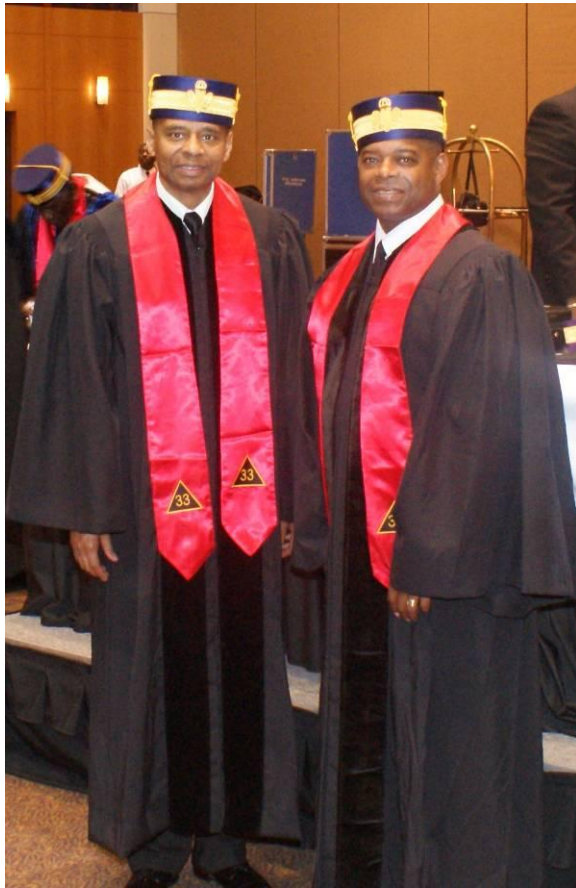
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Fraternal Honors Bestowed on Two ROCKS Members

Submitted by MG Byron S. Bagby USA



Major General Reuben D. Jones, Commanding General, Family, Morale, Welfare, and Recreation Command, right, and Major General Byron S. Bagby, Director of Operations, Allied Joint Force Command - Brunssun, left, were recently elevated to 33rd degree Masons and coronated as Sovereign Grand Inspectors General in the United Supreme Council, Ancient and Accepted Scottish Rite of Freemasonry, Prince Hall Affiliation, Southern Jurisdiction. There were 247 Masons from around the world elevated to 33rd degree and 13 who were coronated Sovereign Grand Inspectors General. These honors were bestowed at the 124th Annual Session of the United Supreme Council held in Memphis, TN. MG Jones is a member of Amos T. Hall Lodge #142 and Herman E. Duncan Military Consistory #357, and is also a York Rite Mason. MG Bagby is a member of Silver Square Lodge #791 and Edward Evans Consistory #196, and is also a Shriner. Both joined the Masonic fraternity in 1981.

U.S. Army War College Chapter Activities Update

Submitted by COL Kevin Peterson USA

The MG Charles C. Rogers Chapter for Carlisle Barracks, Pennsylvania and the U.S. Army War College kept the momentum this academic school year in traditional fashion aligning our chapter's focus on the three pillars of education, mentorship, and community outreach. Following the election of chapter officers (pictured below) this fall, the chapter established committees for programs, community outreach, membership, scholarship and strategic communications to enable execution of an aggressive annual plan that our executive council has set forth. As we approach the halfway mark for our education experience at the War College, we have set the conditions and are well on our way to achieve our goals this year that include: support to command and community programs, mentorship and outreach in various educational settings, conduct of a senior leader speakers program, and awarding scholarships to local deserving students.



MG Charles C. Rogers Chapter Leadership

Chapter Officers (from L-R) COL Ricky Love – Vice President, COL Jimmy Hall – President, LTC(P) Sherry McCloud – Treasurer, Mrs. Christie Smith - Secretary

Community Outreach



On October 28, 2010, members of the War College ROCKS, Inc. Chapter participated in Project Share for Make-a-Difference Day or MADD. Make-a-Difference Day is the largest national day of helping others. Last year over 3 million people cared enough about their communities to volunteer on that day, accomplishing thousands of projects in hundreds of towns across the United States. Project Share is a church based non-profit organization that provides food to needy families across the

greater Carlisle, Pennsylvania community. The ROCKS augmented the workforce at the food distribution center, broke down, and issued groceries to hundreds of needy families.



MG Charles C. Rogers Chapter Members



(From L to R, Back to Front) COL Kevin Vereen, LTC Shawn Harris, COL Mark Johnson, COL Kevin Peterson, COL Ricky Love, LtCol Rick Neal, LTC(P) Fred Hannah, LTC(P) Joe Ladner, LTC(P) Theo Lennon, COL Jonathan Johnson, COL Fletch Fletcher, COL Jimmy Hall, Prof Charles Allen, COL Ken Peterson, LTC(P) Terrence Murrill

Our National Chairperson Speaks at The War College

The ROCKS Inc, Chairman, BG (R) Clara L. Adams-Ender made a visit to the MG Charles C. Rogers Chapter to participate in the Senior Leader Speakers program that provides mentorship and leadership counsel to our War College students. BG (R) Adams-Ender provided keen insights, shared valuable lessons learned from past

experiences, and challenged all of those present to mentor the next generation of leaders in our profession.



(From L to R) Prof Charles Allen, BG(R) Clara L. Adams-Ender, COL Ricky Love, and COL Jimmy Hall

On Veterans Day November 11, 2010, the MG Charles C. Rogers Chapter of The ROCKS, Inc. supported the City of Carlisle, PA in full force. In the morning, several members of The ROCKS ran with the Dickinson College ROTC Department in a city wide 5K Run. The observance continued with attendance to the Veterans Day Ceremony and wreath laying hosted by Carlisle Mayor Kirk Wilson. Following the ceremony, the membership conducted community engagement with the Marine Corps League Detachment #524, the Special Forces Association Chapter #64, and the American Legion Post #101.



Pictured above are members of the War College ROCKS with Carlisle Mayor Kirk Wilson, Reverend Walter Reed and the Dickinson College D Tones following the Carlisle Veterans Day Ceremony at the Old Court House in Carlisle, PA.

Senior Leader Speakers Program



The MG Charles C. Rogers Chapter of The ROCKS, Inc. hosted MG Renaldo Rivera, The Adjutant General Virgin Island National Guard. He is a decorated Vietnam combat veteran with the 1st Calvary Division as an enlisted man in 1968. MG Rivera, who worked his way up the ranks, spent quality time with The ROCKS providing his thoughts on leadership, the importance of mentorship, and the expectations of future Army senior leaders.



BG Smith addresses The ROCKS in the Command Conference Room

BG Leslie C. Smith, Commanding General, 201st Support Command made a visit to the MG Charles C. Rogers Chapter as a part of the Senior Leader Speakers Program. BG Smith, who is also a member of The ROCKS, Inc., provided his unique thoughts on a multitude of topics to include senior leader development, diversity, challenges, mentorship, work/life balance, and expectations for Colonels.



BG Smith and the War College ROCKS

Congratulations

The Charles C. Rogers Chapter of the ROCKS, Inc. congratulates the following officers for selection for promotion to the rank of Colonel:

LTC(P) Joe Arnold	LTC(P) Joe Ladner
LTC(P) Rob Barnes	LTC(P) Theo Lennon
LTC(P) Antonio Brown	LTC(P) Sherry McCloud
LTC(P) Joe Hart	LTC(P) Richard Wilson

ROCKS, Inc. Member Wins Secretary of the Army Project Manager of the Year Award



LTG William Phillips, Director of the Army Acquisition Corps, COL Kevin Peterson, PM MRAP, Dr. Malcolm O'Neil, Assistant Secretary of the Army, Acquisition, Logistics, and Technology

COL Kevin Peterson was selected as the Army's Project Manager of the Year during the Annual Army Acquisition Awards Celebration in Washington D.C. COL Peterson was dual-hatted as the Military Deputy and Army PM for the Joint Mine Resistant Ambush Protected (MRAP) Vehicle Program, responsible for the production, fielding, and sustainment of over 22,000 MRAP vehicles for the CENTCOM Area (Iraq & Afghanistan).



Baghdad, Iraq Interest Group Update

Submitted by CPT Stephanie J. Royal



ROCKS, Inc. Members hosted a dinner with BG Leslie Smith as the guest speaker in Baghdad.

ROCKS, Inc. continues to serve its purpose in Baghdad, Iraq as the Interest Group at Victory Base Complex (VBC) conducts officers' professional development and mentoring meetings. "To my knowledge ROCKS, Inc. Baghdad Interest Group has been supporting officers' professional development since 2005, but not until 2010 were we able to get maximum participation," said Colonel Bobby Claiborne.

When Colonel Claiborne, former President of ROCKS, Inc. at Army War College in 2003-2004, Major Tamika Carroll and Major Stephanie Royal, Secretary of Phantom Warrior ROCKS, Inc. in 2008-2010, took leadership roles and responsibility for officers' professional development, they established a vision to ensure officers understood the core purpose ROCKS, Inc. Both Majors who are outstanding Signal Corps officers and Delta Sigma Theta Sorority members sought professional development. They took charge to insure that the vision and benefits of The ROCKS, Inc. were available during deployment

These officers met with Colonels during their lunch break and after work to request their support for the ROCKS, Inc in Baghdad. Many of the VBC Colonels started joining the ROCKS' meetings and giving classes. After the word got out that Colonels were giving useful career enhancing information attendance grew exponentially from fifteen to over thirty-five Army, Air Force and Navy officers. ROCKS, Inc. in Baghdad also hosted a dinner when BG Leslie Smith visited VBC. BG Smith had an open discussion with the officers and provided a briefing on his command philosophy.



(L to R) COL Claiborne, COL Bagley, COL Whaley, COL Bradsher, COL Piper, COL Wimbish, LTC Hughes, and COL Pollard

The last ROCKS' meeting for 2010 was a Colonels' and Lieutenant Colonels' panel attended by over forty officers. The purpose of the panel was to allow officers to openly discuss their concerns and receive candid feedback from each other and the panel. This meeting was also used to identify classes for next year and to ensure new ROCKS, Inc. leadership in Baghdad would not have to start from ground zero according to Colonel Claiborne who is a Kappa Alpha Psi member. As the III Corps of United States Forces-Iraq transfers authority to the XVIII Airborne Corps, the Phantom Warrior Chapter Officers will transfer responsibility to the All American Chapter Representatives to continue ROCKS' professional development in Baghdad.

Congratulations to ROCKS, Inc. members in Baghdad, Iraq LTC Edward L. Smith and MAJ Stephanie JG Royal.



LTC Edward Smith and MAJ Stephanie Royal

***"When people know that you believe in them
wondrous things begin to happen in their lives."
Yvette Nicole Brown***

Chief of Staff Named to Hall of Fame ROCKS Member Earns Honors at Alma Mater



ROCK ISLAND, Ill.—

Col. Richard B. Dix, Army Sustainment Command chief of staff, has been named to the South Carolina State University Army ROTC Hall of Fame. Dix is a 1987 Distinguished Military Graduate of the Orangeburg, S.C., school, whose ROTC program has

produced 14 generals and a number of distinguished officers.

CBRNE Troops Battle Heat, Train-Up for Worldwide Missions

by Michael Heckman, Sentinel Staff

They might have the toughest job in the Army and do it in an environment that would terrify most people, but digging foxholes in Texas dirt in 90-degree weather was the biggest challenge for a couple of CBRNE troops from Fort Lewis, Wash., who participated in operation Liberty Focus at Fort Hood. The lab scenario was part of a training exercise involving more than 500 CBRNE troops from military installations nationwide held on post Oct. 13-21.



Personnel from the Combined Joint Task Force-Elimination, or CJTF-E pose for a group photo Oct. 20 near the completion of Liberty Focus 2011.

Their job is detecting weapons of mass destruction, the chemical, biological, radiologic and high-explosive ordnance threats on battlefields worldwide or that occur as a result of domestic terrorist attacks. For their superiors, the job also is to inform battlefield commanders or civilian authorities of hazards to troops or civilians and to eliminate or reduce the threats.



Spc. Vincent C. Sitar uses a joint chemical agent detector to identify agents for the Combined Joint Task Force for the Elimination of Weapons of Mass Destruction.

In addition to saving the lives of Soldiers and civilians, results of the CBRNE troops' field investigations could be used in international courts to determine whether war crimes have been committed.

Operations such as Liberty Focus are held about twice a year on Fort Hood and comprise a train-up for CBRNE troops that participate in similar annual exercises held with South Korean troops.



Spec. Nichole Shelton sprays water on the boot of Sgt. Geri "Melissa" Kredota, during a decontamination mission for the Combined Joint Task Force for the Elimination of Weapons of Mass Destruction.

Three General Officers in Brunssum

Submitted by MG Byron S. Bagby

These three Generals recently attended the Change of Command ceremony for Allied Joint Force Command - Brunssum.



(R to L) LTG John W. Morgan, Commander of Force Command - Heidelberg, Heidelberg, Germany; Lt Gen Walter E. Gaskin, Deputy Chairman, Military Committee, North Atlantic Treaty Organization, Brussels, Belgium; and MG Byron S. Bagby, Director of Operations, Allied Joint Force Command - Brunssum, Brunssum, the Netherlands.

DIX & ARMY SUSTAINMENT COMMAND HONOR VETERANS AT ROCK ISLAND



Col. Richard Dix, Army Sustainment Command's chief of staff, stands at attention during the National Anthem at the Hero Street Monument Veterans Day ceremony Nov. 11 in Silvis, Ill. (Photo Credit: Capt. Anthony Clas)

Soldiers from the Army Sustainment Command at Rock Island Arsenal, Ill., including our own ROCK, COL

Richard Dix, gave keynote speeches at numerous ceremonies in Iowa and Illinois as a part of Veterans Day on Nov. 11. Area veterans from previous and present conflicts were honored for their service at American Legion posts, schools, city parks, parades, local monuments, and the Rock Island Arsenal National Cemetery.

Norfolk State University Cadets Visit National Capital Region

Submitted By Major William "B.J." Jones



Dr. Nuria Cuevas (c) w/ Cadre, Cadets, & Midshipmen

It is 0430 in the morning. On November 18, 2010, a bus load of Cadets and Midshipmen from Norfolk State University travelled to the National Capital Region (NCR) for a tour and professional development. The tour started off with a tour of the state capital so the Cadets and Midshipmen could get an understanding of how our government works. Mr. Larnell Exum, Deputy Assistant Secretary of Defense for House Affairs, SES (3 Star equivalent) guided the group throughout the NCR. The Cadets/Midshipmen was also treated to a tour of the Pentagon. The Cadets/Midshipmen ended their first busy day attending the Washington DC Chapter of the Rocks meeting. Here the Cadets/Midshipmen along with the chapter members in attendance were treated to a presentation by Mr. Exum. He spoke on "From the Field/Sea to the Hill, Why Understanding How Congress Works Matters." In his presentation he spoke on the importance of all understanding the United States Constitution and the Second Amendment. Howard University cadets also attended the chapter function.

Day two of their trip was a solemn one. The group was given a tour of the Arlington Cemetery. At which time the Cadets were treated to a presentation in front of the grave site of Joe Louis. Mr. Exum told the story of Sergeant Joe

Louis. Sergeant Louis would fight the man hailed by Adolph Hitler, Max Schmeling in 1938. In 1936, their first encounter, Sergeant Louis fought Max Schmeling, which Max Schmeling knocked out the champion in twelve (12) rounds. Given a return bout in Yankee Stadium, Joe Louis returned the favor by knocking out Max Schmeling in the first round.



Larnell Exum speaking to the group in front of Joe Louis' Gravesite.

Day two ended with the Cadets/Midshipmen witnessing the laying of a wreath ceremony at the Tomb of the Unknown Soldier. LTC Nicholas Anthony (Professor of Military Science, NSU), LTC James Harris (NSU alum c/o 91, President of the NSU Military Alumni Chapter), Cadet Adrian Hill (NSU Cadet Battalion Commander) had the honor of presenting a wreath from Norfolk State's Army Reserve Officer Training Corps.



NSU's future leaders with Joe Louis.

The group was also allowed to view the changing of the guard. The group completed its tour of Arlington Cemetery by visiting both the John F. Kennedy Memorial and the Women's War Memorial. Accompanying the group on this

trip was Dr. Nuria Cuevas, Dean, School of Liberal Arts and Major William "B.J." Jones (NSU alum c/o 93). This trip could not have been done without the support of the Norfolk State Military Alumni Chapter and the Washington D.C. Chapter of the Rocks Inc., working together to provide the future leaders of Norfolk State with an experience of a lifetime that they will share with the Soldiers and Sailors they will soon lead.



Mr. L. Exum, LTC Anthony, LTC Harris, & CDT A. Hill saluting the Tomb.

Hampton University Pirate Battalion narrowly defeats NSU in 2010 Battle of the Bay Competition

By Wendell Turner

The Hampton Roads Chapter of the Rocks held its 5th Annual Battle of the Bay ROTC Sports Competition and Tailgate on October 16, 2010 between the Hampton University Pirate Battalion and the Norfolk State Spartan Battalion. The competition coincides yearly with the date of the annual MEAC Football game between the local rivals. This year's festivities, hosted on the campus of the HU Pirates, were once again a huge success for participating cadets and cadre of the two Army ROTC Battalions and chapter members present.

The Battle of the Bay brought close to 150 cadets together for volleyball and flag football. The cadets were also treated to a tailgate cookout, a student raffle and VIP visits from local leaders, Col. Anthony Reyes, Fort Monroe Garrison Commander, Lt. Col Barry Flye of USJFCOM J7 and keynote speaker for the trophy presentation Maj. Gen. Sanford Holman, Vice Commander Joint Warfighting Center, USJFCOM J7.

The event emphasizes informal mentorship between Rocks members and cadets, team building, networking between the local schools and good clean fun, during the annual sporting competition. This year's winners were the cadets of the Hampton University Pirate Battalion, who narrowly defeated the Spartans by just a few total competition points. All of the events were run by cooperative efforts of HRC Rocks volunteers and the host school ROTC Cadre. HRC Rocks also provided a hot breakfast for all cadets participating in the competition and funds for one-third of the tailgate expenses.

The Washington, D.C. Chapter of The ROCKS, Inc. Update

by Conrado B. Morgan, President

The Washington, DC Chapter of The ROCKS, Inc. was very busy over the past three months with monthly meetings and events.



November 2010 Chapter Meeting – DC ROCKS Members and Norfolk State Cadets

First, the chapter meetings were awesome and well attended. We had three dynamic guest speakers. The speaker for the month of September was Mr. John H. James Jr., Director, National Security Personnel System (NSPS) Transition Office, SES. He spoke on "Having a seat at the table and how important mentorship was and is for all of us." The speaker for October was Major General Reuben D. Jones, Commanding General, Family and MWR Command and he gave a self-perspective brief on mentorship. Mr. Larnell Exum was the speaker for our November meeting (Norfolk State University Military Alumni Chapter (NSUMAC) and DC Chapter member), Deputy Assistant Secretary of Defense for House Affairs, SES (3-Star) and he spoke on "From the Field/Sea

to the Hill, Why Understanding How Congress Works Matters." Army and Navy Cadets from Norfolk State University and Army Cadets from Howard University also attended the meeting in November.

Second, we say congratulations to all winners at the West Hamilton Dinner that was held on November 6, 2010 at Andrew Air Force Base. A very special congratulations to Major General (Retired) Hawthorne "Peet" Proctor, our ROCK of the Year and to CPT Tishla Lockley, our Junior ROCK of the Year. They will both represent the chapter at the National Level. We also gave out several Volunteerism Awards at the dinner to Executive Board Members, Committee Chairs and Committee Members.



Norfolk State Cadets attend DC ROCKS 5-Mile Race

Third, the chapter continues to grow in numbers and events. We are planning and conducting community service events bi-annually and conducting signature events once a quarter. Please go to the chapter's web page at www.therocksdc.org for more information about our events. Our membership is what most important to us. Without them, none of the events, fund raising, visits, community service projects are possible. We would like to thank each member in the chapter and to let them know that the support they gave and will give is extremely important.

Lastly, our fund raising efforts with CFC and the chapter's endowment account will assist and pay for five--one thousand scholarships which will be given out at the Spring Gala set for April 16, 2011 at Fort Belvoir Officers' Club.

We would like to thank Major Julius Johnson, Chairman, Grant Writing Committee. He recently won the first grant for the chapter from Wal-Mart.

God Bless the United States, the Department of Defense, The ROCKS, Inc., The Washington, D.C. Chapter of The ROCKS, Inc., you and your family!

FINDING OUR WAY BY ESTABLISHING A NEW ROCKS INC. INTEREST GROUP IN THE QUAD CITIES AND ROCK ISLAND ARSENAL.

Submitted by COL Regina Draper

Why does the Quad Cities and Rock Island Arsenal need a Rocks Inc. Interest Group? “As iron sharpens iron, so one man sharpens another.” Although this is a famous proverb in the bible, it is also one of the most pure tenets of the philosophy of mentorship. It takes a leader to hone a leader, and the catalyst in the experiment of success is mentorship. Unlike the years of yore, it was overlooked when a leader concentrated on their own career, thereby lending no advice and guidance to our young officers and budding communities of youth. Those days are gone as we see an ever changing shift of paradigm in America. The time for action and giving is now and we must start with reaching out to the student populations in every community.

One of the Army Values is “Selfless Service”. Selfless Service is putting the welfare of the nation, the Army, and your subordinates before your own. No finer example of mentoring exists than that of this Army Value. The organizing of a series of outreach events, scholarship fund-raising, and leading by example will pay extremely high dividends in strengthening our nation by mentoring students of every stratum. The military population in the Quad-Cities area is deeply respected and admired by the citizens and giving back what Mother Army has taught us in values-based conduct and career goals will go a long way in contributing to positive global and social change. Establishing a Rocks Inc. Interest Group within the Quad Cities will strengthen the Army/Rocks relationship with the community.

Then and Now: Reflections on Diversity this Veteran's Day

Submitted by Charles D. Allen USA (Ret)
US Army War College Faculty, Carlisle Barracks



On Veterans Day, as parades and gatherings recognize those Americans who have served in our 20th-century conflicts and 21st-century operations, the diversity of our military was in plain view--as will the strength

such diversity provides.

But this was not true in May 1865 in Washington, D.C., when the federal forces conducted a "Grand Review of the Union Armies" to mark the end of the American Civil War. Although 185,000 African Americans served in the Union Army during the conflict, only white troops made up the 200,000-man procession through the capital of our restored nation. While military leaders and historians have found that the inclusion of African Americans in the Union forces provided the margin of manpower for victory, it is indeed curious that United States Colored Troops (USCT) were excluded from the commemoration. It was this national snub that led the State of Pennsylvania, at the behest of African American citizens of Harrisburg, to host the "Grand Review of the United States Colored Troops" and to invite units of 25 states to participate in the procession on November 14, 1865 in its capital city.

I was not aware of these events until I attended the 2010 Grand Review Weekend in Harrisburg that marked the 135th anniversary. I learned it was General Order 143 of the War Department, passed on May 22, 1863, that established the USCT. I was reminded of the battles in which USCT units like the 54th Massachusetts (made famous in the movie "Glory") demonstrated the content of their character, born of how they were treated because of the color of their skin. With pride, I watched the African American re-enactors wearing the Union blue of the USCT, marching in formation like the soldiers of old. And even more valuable were the conversations I had with these citizens who devote their time and energy to ensure the legacy of soldiers from a bygone era is not forgotten.

This Veteran's Day I participated in local ceremonies to celebrate all those who serve. But afterward, I stopped by the Union Cemetery to pay respect to the veterans of USCT who are interred here in Carlisle. They were members of USCT units after the Civil War, but even in death they were segregated from other citizens of our nation. As Abraham Lincoln offered during his 1863 Gettysburg address, "it is altogether fitting and proper" we remember and honor those who have gone before us.

"Fear will always knock on your door.
Just don't invite it in for dinner. And
for heaven's sake, don't offer it a bed
for the night."

Max Lucado

Mark Your Calendars
**37th Annual Spring Gala & Awards
Ceremony – April 16, 2011**

ROCKS Members' Veteran's Day Testimonials

LTCol Gilbert E. Jones - I attended A Veteran's Day celebration given by my church (Antioch Baptist Church of Fairfax Station, VA) at the Springfield, VA Waterford. Over 200 guests were in attendance.

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CPT Darell Coffey - For Veterans Day, I was in the Philippines and paid respects to the USA and Filipino soldiers who died during the Bataan Death March during World War II. I was unable to visit the actual site, but I gave a moment of silence to the warriors of the past, present, and future.

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BG (R) Velma (Von) Richardson - Unlike so many previous Veteran's Days where I have been the speaker for a ceremony, I left Mississippi on a 6am flight back to the DC area so I could spend some time with some Veteran's that are very close friends. Collectively my friends have over 56 years of service to our great Nation. I enjoyed their company over a meal and a Veteran's Day college football game where Veteran's were being honored during halftime. I spent the rest of the weekend with my brother, who is an Air Force veteran living in Texas.

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BG(R) Clara Adams-Ender - On Veterans Day, I called 25 friends and acquaintances and wished them a Happy Veterans Day and thanked them for their service in defense of this Nation.

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CW2 (R) Ricky C. Godbolt - Because of my love of country I spoke about "A Patch On Your Shoulder" at Veterans Appreciation Day (10 NOV 10) at Prince George's Community College and at Veterans Appreciation Day at Saint Paul Ephesians Community Church on Sunday 14 NOV 10.

#####

COL(R) Lucretia McClenney - I was one of the keynote speakers for the Women Veterans ROCK! Rally and Veterans Day Celebration at Trinity University, Washington, DC.

#####

LTC (R) Wallace Johnson - As a tribute to our veterans, I attended the premiere showing of the documentary "The Lucky Few." It is about the fall of Saigon in May 1975, and the crew of the USS Kirk that helped rescue approximately 30,000 Vietnamese. Captain Paul Jacobs was the commander of the USS Kirk at that time. I consider it to be a great story to this day. Paul is a friend and a client at the Mason Enterprise Center. The premiere was held at the Smithsonian Museum of Natural History with more than 300 people in attendance.

Additionally, at 9pm that night, on the Smithsonian Network, I viewed the documentary "Helicopter Missions-Vietnam Firefight." The firefight took place at Camp Chi Linh approximately 4 kilometers west of the Special Forces Camp where I commanded in Vietnam in 1967. This one hour documentary is about the daring and heroic efforts of 4 helicopter pilots who rescued about 100 CIDG troops and their SF advisers. Until just recently, this was another untold story.

I have copies of both documentaries that I can make available to Rocks members who would like to view the videos. I can also arrange for Paul Jacobs to meet with Rocks to discuss "The Lucky Few" documentary.

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COL Fred Jackson - I attended the ceremony conducted by the UNC-CH ROTC units. It was a great ceremony on a beautiful day.

#####

COL Rivers Jake Johnson Jr. - I was the guest speaker at the Capitol Heights Maryland Veterans Day Program. Several wreaths were laid at their city Memorial wall honoring those who died in the service to their country.

#####

MAJs Brendan Watson, Percy Rhone, Chanda Mofu, Terrance Latson, and Jared Harty - We addressed veterans at The Forum Retirement Community in Overland Park, KS.

#####

MAJ Sherdrick Rankin - I observed Veterans Day by attending the Leavenworth Veterans Day Parade. I had a great time seeing the bands, active duty military, JROTC students, vets, and local authorities participating in the festivities.



Veteran's Day in Florida Highlights

Submitted by LTC Amicita Maloon-Gibson



Veterans Day Celebration at Lake Brantley High School. Above members of the General Daniel "Chappie" James Chapter of Tuskegee Airmen (TAI), Inc. Florida: L-R President Toby Hubbard, Vice-President Cita Maloon-Gibson and DOTA Charles "Doc" Holiday with students from Lake Brantley High School(HS), Orlando, FL. TAI members shared the history of TAI with ROTC students at Brantley HS on November 11, 2010.



2010 TAI Legacy Luncheon hosted by General Daniel "Chappie" James Jr. Chapter of TAI. L-R James Wesley, Rep. for Senator Bill Nelson received the Eagle Award of Excellence; Jonathan Strickland and Michael Sherrill both receive the Four Star Award and scholarships from TAI. President Toby Hubbard; Rep for Senator Corrine Brown received the Eagle Award of Excellence and VP Cita Maloon-Gibson.

#####

The following photos are from the First Annual Salute to Black Veterans hosted by Hillsborough Community College, Tampa, Florida on November 6, 2010.



CW2 Andria Wimberly, USA (Ret) and LTC Amicita Maloon-Gibson USA (Ret) attend the ceremony honoring Black Veterans and the Tuskegee Airmen and Buffalo Soldiers and others were honored.



CW4 Doris Hull US Coast Guard(Ret) and LTC Amicita Maloon-Gibson, USA (Ret) attend the ceremony honoring Black Veterans and the Tuskegee Airmen and Buffalo Soldiers and others were honored.



Chief Warrant Officer Five Robert Wimberly, US Army (pictured with LTC Amicita Maloon-Gibson) was the first African American to be promoted to this rank in the Army National Guard. This 41 year veteran retired in 2001. He was an Honored Individual at the First Annual Salute to Black Veterans.

Veterans Day Visit

By COL (R) James Whitehead and COL Conrado B. Morgan

COL (R) James Whitehead and COL Conrado B. Morgan members of the Washington DC Chapter of The ROCKS, Inc. and Brothers of Lambda Gamma Gamma Chapter, Omega Psi Phi Fraternity, Inc. participated in an annual Veterans Day visit to the Armed Forces Retirement Home in Washington, D.C. The chapter participates in this community service event yearly. The Brothers operate and play bingo with the veterans. LTC Garvey Wright calls out the numbers for all of the games played and the chapter donates AAFES gift cards for each game to the winning veterans. There were fifty Brothers participating on November 11, 2010. COL (R) Willie Williams, Basileus (President), Lambda Gamma Gamma Chapter, Omega Psi Phi Fraternity, Inc. stated "this is what the Omega is really about --giving something back!"

November 22, 2010

Veterans Benefits Act of 2010 Provides Enhanced Protection from Employment Discrimination

The White House has announced that President Barack Obama signed into law the Veterans' Benefits Act (VBA) of 2010. Among other improvements in the law for veterans, the VBA enhances the employee protections of the Uniformed Services Employment and Reemployment Rights Act (USERRA). USERRA protects service members from employment discrimination and retaliation on account of their service. It is particularly important for members of the reserves who face retaliation for their periodic absences from work, and their inability to schedule reserve duties around an employer's preferences.

The VBA amends USERRA, 38 U.S.C. § 4303(2), to make clear that employees are protected from discrimination in their wages and benefits. In 2002, the Eighth Circuit U.S. Court of Appeals held that USERRA exempted wages and benefits from protection against discrimination. *Gagnon v. Sprint Corp.*, 284 F.3d 839, 852-53 (8th Cir. 2002).

VBA also adopts a multi-factor test to determine if a successor company is liable for the USERRA violations of a predecessor company. Too frequently, employers use a shell game of changing ownership to evade liability for their actions. The Department of Labor adopted a regulation to allow a wise look at all the circumstances to determine if the new company should be held liable for the previous

company's violation. 20 C.F.R. § 1002.35. However, the Eleventh Circuit narrowed the application of this rule by requiring that there be a merger or a transfer of assets before successor liability can be imposed. *Coffman v. Chugach Support Services, Inc.*, 411 F.3d 1231, 1237 (11th Cir. 2005). Both *Gagnon* and *Coffman* are now ineffective as Congress has changed the law to specifically require the opposite result.

The VBA adds that the amendments "shall apply" to any violation of USERRA "that occurs before, on, or after the date of the enactment of this Act," and to all USERRA actions "that are pending on or after the date of the enactment of this Act." Congress is wising up to the ways courts resist applying remedial laws to accomplish their purposes. USERRA has been a harbinger of legislative refinements to anti-discrimination laws, and I look forward to Congress exercising this type of wisdom when it updates other employee protection laws.

Season's Greetings from the Desk of the National Membership, VP

COL Raymond Bingham USA (Ret)

First and foremost, let me start by thanking all our members for your continued support to the Rocks Inc. Membership continues to serve as the life blood of our organizations day to day operations and we could not sustain ourselves without your backing. We are pleased to announce our newest Chapter, The Henry O Flipper Chapter at West Point, NY. We are proud to be represented at one of our nation's oldest military institutions. A public thanks to the chapter leadership for their perseverance and willingness to go the second mile.

Unfortunately, like the economy, our membership numbers have seen better days - not all our chapters are making progress as we anticipated. Chapters that align with operational divisions continue to be challenged by major deployments and high optempo. This reality will persist for the near future, therefore, we must adapt. Placing membership at the national and local level helps the National Board and local chapters to build programmatic that will move us toward the future and strengthen our already proven programs of Scholarship, Mentorship, Professional Development, and our Bi-Annual Leadership Training Conference.

We have upgraded the National Website and constantly provide updates to keep you better informed. We welcome chapter web-pages and encourage you to establish a link to the national site. We have also created a Rocks Facebook link. The site not only encourages social networking, but it

also serves as an interface between new and existing chapters that have lots of experience and lessons learned to share (Hampton Roads and the DC Chapters to name a few). Our Strategic Communications team also has initiated a program that includes a Senior Leader Visitation Program and a Member Survey to obtain relevant feedback that we will take for action. Finally, I am encouraged by a resurgence of interest in several of our larger installations (Fort Benning, Fort, Polk, Fort Bliss) in spite of optempo. Hat's off to the countless number of Company Grade Officers that are stepping up to the plate to serve. *Field Grades – "the ball is in your court."* If you are interested in starting a chapter at your installation or reinvigorating your local chapter, please contact me at raymond.bingham@us.army.mil. Thanks again for your continued support.

**"KIND WORDS MAKE
GOOD ECHOES"
AUTHOR UNKNOWN**

El Paso ROCKS Chapter Hosts Re-activation Luncheon

Submitted By MAJ Myles B. Caggins III, Rocket Staff

Nearly 20 members and prospective members of the Rocks, Inc. attended a re-activation interest luncheon at the Fort Bliss Centennial Club Dec. 3.



El Paso ROCKS attend December 3 luncheon

Most of the luncheon attendees were company grade officers. They represented diverse units including: 1st Armored Division, 31st Combat Support Hospital, Western Region Dental Command, and Future Force Integration Directorate.

The El Paso Chapter, dormant since 2002, is positioned to become one of the premier chapters of the Rocks. Fort Bliss is growing from 9,000 Soldiers in 2005, to nearly 40,000 in 2013. Currently, there are 25,000 service members at the post.

Fort Bliss is undergoing the largest expansion of a military installation since World War II—over 63 years!

Eighty-five percent of the 1st Armored Division is stationed at Bliss—including four BCTs. In late spring, the Old Ironsides colors relocate from Germany to Fort Bliss.

Numerous command and key development opportunities are available at Bliss.

A nucleus of experienced Rocks including prior chapter presidents, chartering members, and other chapter officers from across the Army are spearheading the chapter's re-activation.

The post is commanded by Maj. Gen. Dana J.H. Pittard with Brig. Gen. Stephen Twitty as his deputy.

The chapter's initial goals include: National Rocks membership registration and re-certifying as an official on-post organization. The New Year will bring OPDs and social activities.

ROCKS, INC. SCHOLARSHIPS

Its scholarship time again! The ROCKS will once again oversee two scholarships for ROTC cadets and perspective ROTC cadets; the RC Cartwright Scholarship and an unlimited number of Army four-year ROTC Scholarships. Applications for the RC Cartwright Scholarship are due at ROCKS Headquarters no later than **March 14, 2011**. We will offer ten RC Cartwright Scholarships. These ten will be available to four Sophomores, four Juniors, and two Seniors. Winners will be announced no later than **March 25, 2011**.

Paper applications for the Army four-year ROTC Scholarship must be cleared through ROCKS Headquarters, Attn: BG (Ret) Simms before they are submitted to Cadet Command. The due date for this submission is **March 14, 2011**. All applications and information can be found at the ROCKS website <http://www.rocksync.org/> in the Awards section. (See more scholarship information on Page 17)

Contact Information

BG (Ret) Simms, VP, ROTC Programs
(571) 213-2123 (cell) / (703) 723-9192 (home)
emsimms44@yahoo.com or fsimms44@yahoo.com

Washington D.C. Chapter of the ROCKS, Inc. Hosts 19th Annual 5 Mile Run / 2 Mile Walk

Submitted By MAJ Diedre L. Windsor, Rocket Staff



The Washington, D.C. Chapter of The ROCKS, Inc. hosted its' Annual 5-Mile Run and 2-Mile Walk at Burke Lake Park in Fairfax Station, VA on Saturday, September 18.

The hugely successful event was well attended with 121 Race participants (runners and walkers). Racers were both surprised and ecstatic as they were greeted and cheered by event Guest Starters, General and Mrs. William "Kip" Ward, AFRICOM Commander. Committee Chair for the last six years, Colonel Charles Harris, delivered on his promise to make each year more successful than the last.

Winners Circle

1st Place Winner (Male) : Luke Holman 29:34

1st Place Winner (Female): Cathy Ross 35:12

1st Rocks Member (Male): Reuben Jones 50:29

1st Rocks Member (Female): Brenda Crutchfield 49:40



Luke Holman



Cathy Ross



ROTC Cadets line up prior to the race

ROTC Team Challenge Participants:

Bowie State University, George Mason University, Howard University, Morgan State University, and Norfolk State University.



Donations from this event support the chapter's R.C. Cartwright Scholarship Fund and Cadet Leadership Outreach Programs.

PHISHING SCAM TARGETS USAA MEMBERS

A new online phishing attack is circulating which seeks to steal money and identity information. This scam is aimed at the more than seven million members of USAA. USAA, which stands for United Services Automobile Association, is a Fortune 500 financial services company. USAA provides banking, investments, and insurance for current and former military members and their families. These emails scams come with subject lines such as "USAA Notification", "Security Alert", "Urgent Message for USAA Customer", etc. A link in the email takes you to a fake login page that asks you for all your pertinent USAA login and personal financial data. Once the information is submitted you are directed to a faked USAA website that looks identical to the real thing." One thing that is unique about this phishing attack is that the victim is directed to a spoofed USAA Web site rather than simply being redirected to the real site once the credentials are captured. Each unique domain is serving up a complete fake USAA website. At this time authorities are monitoring (and blocking) over 1500 unique domains that are all registered with the free .tk (tld)." With this attack, as with all malware and phishing scams, users need to be aware that reputable companies and financial institutions might e-mail an alert message, but will not include a file attachment or link within the message. Never open any file attachment or click on any link in an e-mail such as this no matter how credible it looks. If you receive an alert like this in your e-mail, and you are concerned that it could be legitimate, close the e-mail and type in the URL to connect with the organization yourself to ensure you aren't being redirected to a malicious page. Better yet, pick up the phone and call customer service to verify whether or not there is a real issue with your account.

COLLEGE + TUITION + BOOKS + HOUSING = \$

Do you have a family member, friend, or know someone who is beginning the journey to college? Typically the challenge will be how to afford it. The following provides some thoughts on options to consider. Scholarships, loans and/or grants are the typical starting points. The first thing to do is complete the Free Application for Federal Student Aid (FAFSA). This application helps determine how much money you are expected to contribute to college cost. This is the form that will be used to apply for financial aid (scholarships, loans, grants) from the college of choice or the state you are resident from. Start by going to www.fafsa.ed.gov and completing the form. This form should be completed on or after January 1, 2011. Once

completed, consult the student's career counselor as well as the financial aid office at colleges being considered.

Scholarships and grants are often the most typical approach to financing a college education. Also recommend going to the College Board for more information:

http://apps.collegeboard.com/cbsearch_ss/welcome.jsp.

Loans are the most common form of financial aid for college. There are two types of loans: private and government backed. Additional information on these loans can be received from schools where students are applying.

*Note: In order for them to help you, you must have already completed and submitted the FAFSA application.

The scholarship we would like everyone to consider is the four-year ROTC scholarship.

The following are points to consider:

Army ROTC scholarships consist of:

- Two, three, and four-year scholarship options based on the time remaining to complete a degree
- Full-tuition scholarships
- The option for room and board in place of tuition, if the student qualifies
- Additional allowances for books and fees

Living Expenses

Army ROTC scholarships also provide monthly living allowances for each school year. Students can earn certain amounts depending on their level in the Army ROTC curriculum:

- 1st year, \$300 per month
- 2nd year, \$350 per month
- 3rd year, \$450 per month
- 4th year, \$500 per month

This allowance is also available to all non-scholarship Cadets enrolled in the Army ROTC Advanced Course (3rd and 4th years).

Applications need to be submitted by early to mid-January.

For more information contact:

BG(R) Earl M. Simms
571-213-2321
emsimms44@yahoo.com
earl.simms@serco-na.com

ROCKS in the News

Norfolk State University Announces 2010 Academy of Distinguished Alumni Inductees



Norfolk State University presented the "2010 Academy of Distinguished Alumni" during its 75th Anniversary Gala held in October at the Norfolk Waterside Marriott Hotel. The award recognizes alumni who have enhanced the prestige of the university through leadership in their vocation, as well as service to the community, state or nation. Colonel Conrado B. Morgan was inducted with eight other distinguished alumni.

Colonel Conrado B. Morgan '84 earned a bachelor's degree in industrial education from Norfolk State University and a master's degree in management from Webster University in 1997. A native of Portsmouth, Va., he is currently a U.S. Army colonel with 28 years of service. He served three combat tours—Somalia, Desert Shield/Storm and Operation Iraqi Freedom. He has been awarded 22 medals to include the Bronze Star, Meritorious Service Medal (awarded five times) and the Global War on Terrorism Service Medal.

Congratulations to Dr. Jim Gordon

Dr. Gordon was recently promoted and selected to FULL Professor during the USAWC Faculty recognition session. The best wishes of all Rocks are extended to Dr. Gordon and his family for this well-deserved and extraordinary accomplishment.



USAWC Commandant, MG Gregg F. Martin with Dr. James (Jim) Gordon during Recognition and Awards Ceremony

Professor Ricky Godbolt Serves PGCC With Honor



Professor Ricky C. Godbolt, a 21-year military veteran, is the program director of PGCC's Construction and Energy Institute. Prior to coming to the college, he was a mechanical training section instructor leader at the United States Army Prime Power School. While serving in the United States

Army, Professor Godbolt worked on a variety of projects with the United States Coast Guard in California and Kentucky. He was a squad leader while constructing an ammunition bunker on the demilitarized zone in the Republic of Korea. Professor Godbolt holds associate degrees in general studies and technical management, a bachelor's degree in social psychology, a master's degree in adult education and distance learning. He is completing his doctorate in educational leadership and is a member of the Gamma Beta Phi Society and Pi Gamma Mu, the International Honor Society in social sciences.

He is past president of the Fort George G. Meade Chapter of the Military Officers Association of America and was recently inducted into the college's Alumni Wall of Fame.

Make Your Money Grow!

Submitted by CPT Alshontia Clemons

How much money have you made since you entered the military? How much of that have you saved thus far? Are you planning and preparing for retirement? These are only some of the questions that will help you determine whether or not you need to take steps towards building a solid savings and investment plan.

Quite often, people think that in order to have more money, they must make more money. In a way this is true but making more doesn't necessarily mean you'll have more. Have you ever noticed that the greater the income the greater the spending? You will most likely spend more money as your pay increases. For some, pay raises aren't frequent enough so they may pursue other avenues of income in order to have more money. Wrap your minds around this concept - instead of "chasing the dollar" learn how to grow the money you have earned and saved by carefully planning and seeking out the right investment opportunities in order to build wealth.

In 2008, we experienced a dynamic slump in the economy. It almost makes you want to put every dime you have in a

pillow or under a mattress. Crises are almost always indicative of opportunities. Regardless of the state of the economy, you must seek out opportunities that are suitable for your short and long term financial goals. Now is the time to fine tune your savings and retirement plan and begin to build wealth. The factors of wealth building include selecting low risk instruments that will give you the highest returns, protecting your principal and interest and ensuring your investment portfolio is worth more in the future.

Building wealth takes planning! First you should determine how much money you will need, when you will need it and how much you will save in order to have it. These elements are the basis of your financial goals. Before making any moves with your money you should create a solid financial plan that will serve as the framework for success. In addition to goals, your plan should include a debt payoff schedule, a budget or spending plan, a retirement plan and savings and investing plan. Planning is the key to success and could mean early retirement.

If you'd like to feel more comfortable about managing your own money or wish to share your knowledge with others, join the Financial Literacy & Investors Group on Facebook! The group is a team of individuals who have personal experience in all aspects of savings and investing. The group also includes members who want to learn more about investments. It was established several weeks ago and is growing rapidly. If you'd like to become a member of the group, you may email COL George Fields at financiallit@gmail.com or send a friend request to <http://www.facebook.com/home.php?#!/profile.php?id=100001659427911>.

The US Army JROTC Instructor is a Builder of Citizens

Submitted by Jerry W. Cheatom

The United States Army Junior Reserve Officers Training Corps (JROTC) is a high school character development program designed to develop young citizens. The JROTC program was originally established in 1916 based on provision of the National Defense Act of 1916. Initially JROTC was staffed with active duty soldiers; however, in 1964 the program was opened to other services and jointly (with the school district) funded retired officers and noncommissioned officers to serve as instructors. JROTC has evolved over the years with the current mission under the provisions of Title 10 of the US Code: "To motivate young people to be better citizens. The student participants of JROTC are as diverse as the US citizenry in several aspects such as, academic achievement, extracurricular activities, religion, race, socioeconomic status (SES),

physical capacity, or motivation. The parents, instructors, schools and JROTC programs are as diverse as the students.

In addition to planning for stakeholders' diversity JROTC must also contend with negative or inaccurate information. Some members of the general public believe JROTC is a paramilitary organization designed to brainwash high school into joining the military; JROTC is for students who cannot succeed in anything else, for students with low academic success or is a program designed to discipline undisciplined students; or that JROTC is exclusively for low socioeconomic status students. Although JROTC is a program filled with diverse people who may not understand the purpose; a constant ingredient which solidifies JROTC is the instructor group.

The instructor group receives training and resources to facilitate the accomplishment of their mission. The ever evolving curriculum based on a four phase instructional method of inquire, gather, process, and apply guarantees engagement, academic achievement, and motivation to increase one's citizenship. JROTC's curriculum is research based and employs eight multiple intelligences such: visual-spatial, logical-mathematical, verbal-linguistic, musical-rhythmic, body-kinesthetic, naturalist, intrapersonal, and interpersonal focused on the learning style and needs of the student.

The instructor group is the motivator of the young people to become better citizens. JROTC normally consists of two instructors for up to 150 high school 9-12 students. Members of the instructor group also known as Senior Army Instructors (SAI) and Army Instructors (AI) generally have strong lasting relationships with their cadets. When cadets have disaster or triumph in their lives the first person they confide in may be their JROTC instructor. For example, often cadets who are first in their families to graduate from high school and desire to attend college they seek advice from one of those instructors on how to complete a college application or scholarship applications even before talking to the school counselor.

This article is dedicated to countless professional patriots who dedicated their lives to the continued service of the nation by motivating young people to become better citizens. Most of the AI and SAI and even directors of army instruction (DAI) are or not just working on a retirement job but are on a life mission. Hooah AIs, Cadet Command Staff, DAIs and SAIs, Keep Up the Fire! Our young people need you.

"You can change your life, change your dynamic and change the next generation by what you do."

Yvette Nicole Brown

ROCKS Member Making the case for Yoga as an Alternative Pain Management Therapy

Submitted By: Diedre L. Windsor, Rocket Staff



ROCKS members know her as Lieutenant Colonel Michele Spencer, S-3 operations and training officer for the 48th Combat Support Hospital, Fort Meade, Maryland. What many don't know is that LTC Spencer is championing one of the Army's newest initiatives: Yoga as an alternative therapy for the treatment of pain.

Army Surgeon General LTG Eric B. Schoomaker, pictured with LTC Spencer discussing pain management at the recent ROCKS Leadership Conference, is working diligently to integrate yoga and other alternative therapies into Army medicine to treat the pain of wounded Soldiers. Michele, an experienced Registered Yoga Teacher since 2004, is doing her part to make the case. She is excited by the prospect of making alternative therapy mainstream.



In 2006 Michele, pictured below with Iraqi Boy Scouts, deployed to Iraq with the 9th Brigade, 108th Division out of



North Carolina as a medic training officer with the multi-national security transition command. During this deployment Michele started Baghdad Yoga. She felt yoga could provide a calming effect for soldiers facing daily battles with stress. Initially the classes attracted four students which she taught during her off time. Eventually she was teaching about 20 Soldiers, three times per week, how to channel their energy in her yoga class.



Despite the conflicts outside this yogi focused on creating positive energy. Michele routinely ended her sessions with a prayer to heal the

planet. Spencer said that by the end of every class, she observed less stress in students' faces and bodies. Each was "a different person," she said. "Their breath was even more focused and soft."

Mickey, as she is known to her students, went on to say "Unlike the civil war that is happening 'outside' of the Green Zone, yoga is an 'inside' job affecting the hearts and minds of those who practice with the intention that the energy can transform them and the lives of others. Maybe the answers are right under our nose in a yoga pose: in a sun salute or stretching our tight backs in a downward facing dog."



LTC Spencer currently teaches free yoga classes at Fort Meade's Gaffney Fitness Center and is working on a Memoir titled *"Baghdad Yoga: A Shift in Consciousness: Fear to Love~ War to Peace"* to be published later this year.



LTC Spencer (center, blue top) leads a free yoga class at Gaffney Fitness Center at Fort Meade, Maryland. (Photo by Lisa R. Rhodes)

Visit www.liv4lov.com to learn more about LTC Michele Spencer and her commitment to healing our military.

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Featured Alumni Above (Clockwise): Dorene Hurt '09, Former Chief of Staff of the U.S. Army's Service Chair and Faculty at the ICAF, U.S. Army, VA; Students from Seattle Public Schools; Robert Bobb '05, Emergency Financial Manager, Detroit Public Schools; Edmond Heatley '08, Superintendent, Clayton County Public Schools, GA; and Anthony J. Tata '09, Chief Operating Officer, District of Columbia Public Schools, Washington, D.C.

To learn more about The Broad Superintendents Academy
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Retired Chief Master Sergeant
U.S. Air Force



DORENE HURT
Class of 2009

Former Chief of Staff of the U.S. Army's
Service Chair and Faculty at the ICAF
U.S. Army, VA

Retired Colonel
U.S. Army



EDMOND HEATLEY
Class of 2008

Superintendent
Clayton County Public Schools, GA

Retired Master Sergeant
U.S. Marine Corps



JOHN BARRY
Class of 2004

Superintendent
Aurora Public Schools, CO

Retired Major General
U.S. Air Force



MARILYN SHAZOR
Class of 2010

Former CEO
Metro Transit System
Southwest Ohio
Regional Transit Authority

Retired Captain
U.S. Army



ROBERT BOBB
Class of 2005

Emergency Financial Manager
Detroit Public Schools

Former City Manager
Washington D.C.
Oakland, CA.; Richmond, VA



ANTHONY J. TATA
Class of 2009

Chief Operating Officer
District of Columbia Public Schools
Washington, D.C.

Retired Brigadier General
U.S. Army



THOMAS DARDEN
Class of 2009

Deputy for Process Improvement
and Compliance
The School District of Philadelphia

Former Managing Director
Reliant Equity Investors

The Broad Center for the Management of School Systems values diversity and seeks participants from a wide variety of backgrounds and perspectives. Accordingly, The Broad Center does not discriminate on the basis of race, color, religion, ethnic or national origin, age, disability, gender or sexual orientation with regard to employment opportunities, admissions policies, or the administration of its educational programs.

ROCKS, Inc. HISTORY JOURNAL



This is an advanced notice about the publication of a Historical Pictorial of the Legacy of the ROCKS. This history journal has been approved by the Board of Directors of the ROCKS and is scheduled for publication in the Summer of 2011. It is requested that anyone with pictures and or military stories about the ROCKS, submit to Sharene A. Cook of WSC Associates, LLP, at 7700 Old Branch Avenue, Suite A202, Clinton, MD 20735. Please include photo captions. You can also email them to therocks@aol.com.

Although individual submissions are welcome, ROCKS Chapter and Interest Groups are highly encouraged to provide input on Chapter historical events and pictures of past presidents and officers. All pictures and stories will be logged in, copied for use in the journal, and if requested, returned to the senders. The journal is estimated to cost \$50.00 and its pictures will be in color and black and white. The journal will be a ROCKS fundraiser and we hope every ROCKS member, their friends and interested organizations and groups will purchase one or more journals. The ROCKS' Historian, COL(R) Frank Francois, III is the project director. If there are any questions please contact him at goldenpin@aol.com.

We are committed to maintain accurate membership information but need your help! As a ROCKS member, you are able to update your personal information, search for members using the membership directory, review available job opportunities, and much more.

To gain access to the Members Only section of the website, you will need your login name and password. If you have not received or have misplaced your login information, please send an email with your rank, name and membership number to therocks@aol.com and type "Reset ROCKS Member Password" in the subject line. After you have logged in, please be sure to check your email and mailing address for accuracy.

We urge all our members to log in regularly in order to keep up-to-date with the National organization as well as the various local chapters and At-Large members.

Thanks in advance for your timely consideration.

COL Raymond Bingham USA (Ret)

VP, Membership Development

www.rocksync.org

WE NEED YOU!! We are looking for 1-2 LTs-CPTs who are interested and willing to join the ROCKET publication team. *We are committed to having the ROCKET reflect your achievements, interests and concerns.* There is no requirement to be in the MD/VA/DC area since most of the coordination is done electronically. Won't you join us? Please contact the ROCKS administration office at therocks@aol.com or call 301-856-9319 / toll free: 888-762-5747. We look forward to hearing from you!

NATIONAL ROCKS MEMORABILIA ORDER FORM

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Credit Card: _____ Expiration: _____ CV# _____

Billing Address (if different from mailing address): _____

	QTY				TOTAL
Tumbler	_____	x	7.00	=	\$ _____
Lapel Pin	_____	x	10.00	=	\$ _____
Life Lapel Pin	_____	x	10.00	=	\$ _____
Mug	_____	x	10.00	=	\$ _____
Jr. Padfolio	_____	x	15.00	=	\$ _____
Shirt	_____	x	35.00	=	\$ _____
			TOTAL	=	\$ _____

Life members receive 15% off all memorabilia.

Mail Orders

Make your check or money order payable to NATIONAL ROCKS, INC. and mail to National ROCKS, Inc., c/o WSC Associates, LLP, 7700 Old Branch Avenue, Suite A202, Clinton, MD 20735.

Fax Orders

You may also choose fax this form and payment information to our confidential fax number 301-856-5220.

Phone Orders

To purchase by phone call our office at 888-762-5747 Monday – Friday, 8:30am – 4:30pm EST.



National Board of the ROCKS, Inc.

Membership Application

Branch/Specialty:_____ Status: Active Duty Reserve Retired
Rank:_____ Name:_____
Spouse:_____
Address:_____
City:_____
State:_____ Zip:_____
Phone:_____
Email:_____
Service: USA USN USMC USAF USCG Other:_____
Former est PCS:_____
Source of Commission: ROTC Service Academy OCS____ Direct____ Other____
Duty Station or Employer:_____
Business Address:_____
City:_____
State:_____ Zip:_____
Phone:_____ Fax:_____
College/University Attended:_____
Degree:_____ Year:_____
Graduate College/University Attended:_____
Degree:_____ Year:_____
Chapter Affiliation:_____ (Must pay local Chapter Dues)

Method of Payment:

☐ Check ☐ Money Order

To renew your membership by credit card, please visit our website at www.rocksync.org and click on the Member Login link. If you have not received your membership login password by email, please contact our office at (301) 856-9319 or toll-free at 888-762-5747.

National Membership Fees (circle one)

Years	1	2	3
Cadet	\$10	X	X
04 & Above	\$50	\$96	\$142
03 & Below	\$30	\$58	\$86
Life Membership	\$650		

Note: Local membership fees are not included.

CURRENT NATIONAL ROCKS MEMBERS DO NOT HAVE TO PAY DUES WHILE DEPLOYED

Upon receipt of your renewal notification, please inform National HQ that you are deployed by sending an email to therocks@aol.com and type "DEPLOYED ROCKS MEMBER" in the subject line.

ALL MEMBERSHIP APPLICATIONS AND FEES MUST BE SENT TO NATIONAL

Make all checks payable to "National ROCKS, Inc." and mail to:

National ROCKS, Inc.

c/o WSC Associates, LLP

7700 Old Branch Avenue, Suite A202, Clinton, Maryland 20735